



February 1, 2003
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Santa Fe Families



Now that you are a Single Parent!!!

You have spent weeks preparing, getting the cars in great shape, making sure all the pay is deposited in the right account on time, arranging for child care and school, and the day arrives. You and your spouse make that trip to the bus, the plane, the pier, or the base. The point of departure and type of vehicle they depart in does not make a lot of difference. The fact is they are leaving, today! And when they are gone, you return home and face the challenges and trials of running a household alone, you are, for all practical purposes, a Single Parent.

Yes, you too are now a single parent! Your challenges, duties, and responsibilities have just been doubled. Sure, you still have your spouse providing emotional support and encouragement through letters and phone calls when available. But letters and phone calls don't pick up the dry cleaning or go to the grocery store for you. You now are faced with the task of keeping up with all that you did before

and adding in the things that your spouse usually does. Remember how you would pick up the phone and ask, "Honey, would you stop at the store for some milk on the way home?" That has now become a note to yourself instead of a phone call, and a decision as to whether you have time to make the stop and not be late picking up your children from soccer practice. You take heart, press on, work on it and get things settled. You establish a new routine and things are working - not the same as normal- but working none the less. Then it happens: the dryer that has worked perfectly for the last 5 years suddenly decides to have a nervous breakdown destroying the heating element; the car doesn't start on the one morning that you are running late; your son takes on that "there is only one parent now" attitude; and your boss wants you to change shifts and "work nights for a while." Are you feeling alone, frustrated, nervous, feeling helpless, and like you don't know what to do? Of course you are! Anyone in your situation would be.

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The HHC, 35th ID Company, Family Readiness Group will be holding a meeting on Feb 8, 2003 at 10:00 a.m. All family members are invited to attend. Please contact Kathi Knight at (913) 682-1098 for additional information.

Have you gotten your Military I.D. Card????

Your military Identification Card is perhaps the most important document you should have while your family member is deployed. It identifies you as a member of one of the most important groups in the Military today, "The Military Family". Your identification card is your access to many benefits that are given to family members of soldiers, such as Health, Dental, Morale and Welfare Organizations, Assistance Agencies such as the Army Community Service, the Red Cross and Veterans of Foreign Wars. The Assistance Agencies offer assistance whether you are close to a military base or live in a remote site. The Red Cross offers almost all the benefits that the Army Community Service offers including Army Emergency Relief Loans. But keep in mind if you cannot

identify yourself as a family member i.e. (your Dependent ID Card) the benefits are not available to you. Also with the vast number of American military members being deployed all over the country many commercial agencies are offering military discounts for persons holding a Military Identification Card. Agencies such as Car Rentals, Hotels, Air lines, Restaurants, some large retail stores depending on management, such as Lowe's, Sams Club, Sallies Beauty Supply, Learners Clothing and several other retailers. Upon entering an establishment, ask "Do you offer a Military Discount".

Happy Valentine's Day



Every February, across the country, candy, flowers and gifts are exchanged between loved ones, all in the name of St. Valentine. But who is this mysterious saint and why do we celebrate this holiday?

The history of Valentine's Day - and its patron saint—is shrouded in mystery. But we do know that February has long been a month of romance. St. Valentine's Day, as we know it today, contains both Christian and ancient roman tradition.

So, who was Saint Valentine and how did he become associated with this ancient rite? Today, the Catholic Church recognizes at least three different saints named Valentine or Valentines, all of whom were martyred.

One legend contends that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men—his crop of potential soldiers. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death. Other stories suggest that Valentine may have been killed for attempting to help Christians escape harsh roman prisons where they were often beaten and tortured.

According to one legend, Valentine actually sent the first 'valentine' greeting himself. While in prison, it is believed that Valentine fell in love with a young girl—who may have been his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter, which he signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories certainly emphasize his appeal

as a sympathetic, heroic, and most importantly, romantic figure. It's no surprise that by the middle Ages, Valentine was one of the most popular saints in England and France. In Great Britain, Valentine's Day began to be popularly celebrated around the seventeenth century. By the middle of the eighteenth century, it was common for friends and lovers in all-social classes to exchange small tokens of affection or handwritten notes. By the end of the century, printed cards began to replace written letters due to improvements in printing technology. Ready-made cards were an easy way for people to express their emotions in a time when direct expression of one's feelings was discouraged. Cheaper postage rates also contributed to an increase in the popularity of sending Valentine's Day greetings. Americans probably began exchanging hand-made valentines in the early 1700s. In the 1840s, Esther A Howland began to sell the first mass-produced valentines in America.

Now that you are a single parent!!!, Con't

Take heart, you are not alone! There are many places for you to turn for encouragement and advice. Keep in mind the assistance available on your military base. Use the post exchanges and commissaries to save money, take advantage of the services offered through the family services centers, and take the kids bowling or to a movie at the base. You may be "single" and parenting solo now, but you are never without a place to turn.

The 35th Infantry Division (Mechanized) has established a Family Readiness Office just for you. The duties of the personnel at the Family

Readiness Office are to establish a Family Assistant Center and assist you with any problems you may have by containing a wealth of knowledge of Military and Non - military organizations that can be of assistance. The contact information is listed on last page of Newsletter.

"Look for our next Single Parenting article in the March Issue of the Santa Fe Families titled "Single Parenting Discipline".



Have you gotten your Military I.D., Con't

The following is a list of sites in Kansas where you can apply for your Identification Card:

Wichita sites:

- McConnell Air Force Base, 57798 Leavenworth Street Suite 4, (316) 759-3737. Point of Contact (POC) is TSGT Buttruni. Hours of Operation: MWF 0730-1630 and TR 0830-1630.
- 184th Bomb Wing McConnell, 52955 Jayhawk Dr, (316) 687-7836. POC is SMSGT Mark Tuggle. Hours of Operation: MTWF 0730-1630 and THUR 0730-1430.
- Navy Marine Corps Reserve Command (NMCRC), 3026 George Washington Blvd, (316) 683-3491 ext. 11. POC is PN2 Campbell. Hours of Operation: M-F 0830-1430.
- 69th Troop Command, 620 N Edgemoor, (316) 681-6243. No POC. Hours of Operation: Call before coming.

Topeka sites:

- 190 MSS, 5920 SE Coyote Dr, (785) 861-4130. POC is TSGT Tammy Wells, Hours Operation: TWR 0800-1600.
- NMCRC, 2014 SE Washington, (785) 233-1762 ext. 31. No POC. Hours of Operation: Call before going.
- US Coast Guard Pay Center, 444 SE Quincy St, (785) 339-3600. No POC. Hours of Operation: M-F 0800-1500.

Fort sites:

- Fort Riley, ID Card Section, BLDG 7808 Custer Hill, (785) 239-5818, (785) 239-4591, or (785) 239-9292. No POC. Hours of Operation: M-F 0830-1200 and 1300-1430.
- Fort Leavenworth, HQ, USACAC, 861 McClellan Ave, (913) 684-4453. No POC. Hours of Operation: MTRF 0730-1630 and W 1200-1630.

Other Sites:

- HQ, 174th ORD BN, 200 Main St, Hays, KS (785) 623-6424. No POC. Hours of Operation: Call before coming.
- HQ, 235th Regt (KSRTI), 2850 Scanlan Ave, Salina, KS (785) 822-6608. No POC. Hours of Operation: Call before going.

Documents Needed:

- Every site needs a signed DD 1172.
- You should also take with you a copy of your spouse's Active Duty Orders and current ID card(s).
- For new dependents i.e. step-children, infants, or spouse, you need to also bring with you the necessary documents i.e. marriage license, birth certificates, Social Security Cards, so that the DEERS database can be updated.
- If for any reason you are not able to obtain an I.D. Card please contact the Family Readiness Office at (913) 758-5080 and we will research additional avenues that you can take to receive an ID card.

Chaplain's Corner

Chaplain (Colonel) Ron Cobbs' invocation during the Farewell Ceremony held January 19, 2003 for the soldiers deploying to Bosnia.

Lord, we thank you for these peacekeepers and we thank you for their husbands and wives, their parents, and their sons and daughters. We thank you for their elected officials, their generals, and all who support them. We pray for the safe return of every soldier and officer. We pray for the people of Bosnia and their suffering but beautiful land.

Bless this ceremony of saying goodbye and Godspeed. May you speak words of strength and wisdom through all who share their thoughts today?

To you, the source of all peace and the source of all strength we pray. Amen.

For those of you who could not make the ceremony, it was excellent. LTC Arnold and many other soldiers did a very creative job. Love and Peace, Chaplain (Colonel) Ron Cobb



We pray that you find strength in your God throughout this deployment.

Winter Driving!!!



Winter can mean snow, ice, cold temperatures, fog and wind. If you need to drive when conditions are bad, as most of us do, it would be well to prepare yourself and your automobile for the experience. Winter brings out the worst in automobiles. If anything is wrong you will quickly find out as the weather gets colder. Now is the time to get the car in shape so it doesn't fail you when you need it.

- Check the antifreeze. The radiator can freeze even while driving.
- Check the wipers and fill the washer with non-freezing solution.
- Check your headlights.
- Check the heater and defroster.
- Check all hoses and belts.
- Tune up the engine.
- Consider installing an engine heater if you don't have a garage.
- Check the tires. Good tread is a must.
- Check the battery and alternator.
- Make sure you have a jack, lug wrench and spare tire.

Often the reason people get into trouble on the road in winter is failure of the auto itself. Poor tires are a big factor. The so called all season radials are OK if all of your driving is on cleared and sanded streets, but if canyon driving or back roads driving is part of your agenda it's highly recommended some town and country tread. Good tread means the difference between getting there or not. You can't get moving at all if the car won't start. That is where the engine tune up and engine heater comes in. Gosh, it's frustrating

when you have to be to work and the car won't start. If your battery is nearing its expected lifetime consider replacing it now instead of the day you can't get started. Save yourself some frustration. Even if you have done all of the above mentioned items, there comes a day when for some reason we are stuck on the road. This is usually a traumatic and dangerous event. To make this experience more tolerable and safer get together a survival kit and keep it in the car. While you are at it make sure that you have a good spare tire, lug wrench and jack. The survival kit should contain the following items:

- Blanket or sleeping bag.
- High-energy food that will keep.
- Flashlight.
- Empty soup can and candles that burn for longer than 4 hrs.

This is the bare minimum and will allow you to stay in the car out of the wind and avoid hypothermia while you wait for help. If it is possible to run the engine remember to open a window a couple of inches to avoid carbon monoxide poisoning. Here are some other items that may be useful. Insulated coveralls, warm gloves, flares, any medication that you are on and must take on schedule, a small first aid kit,

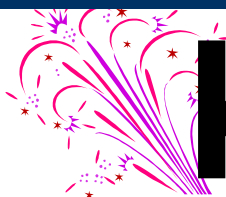
a small tool kit with which you may make minor repairs, hat or stocking cap, moon boots or insulated foot wear, shovel, bag of salt, jumper cables, a gallon of gas in an approved and tightly sealed container, tow rope, tire chains, ice scraper and snow brush.

Should you find yourself stuck in cold weather the recommendation is stay in the car and keep warm while you wait for help. Raising the hood is the recognized HELP signal. However, it may be a long wait, so please keep a sleeping bag and some candy bars in your car.

Chinese Zodiac



**The
Year
Of the
Goat**



Kids

Secret Codes and Tricks

A game for 2 or more players

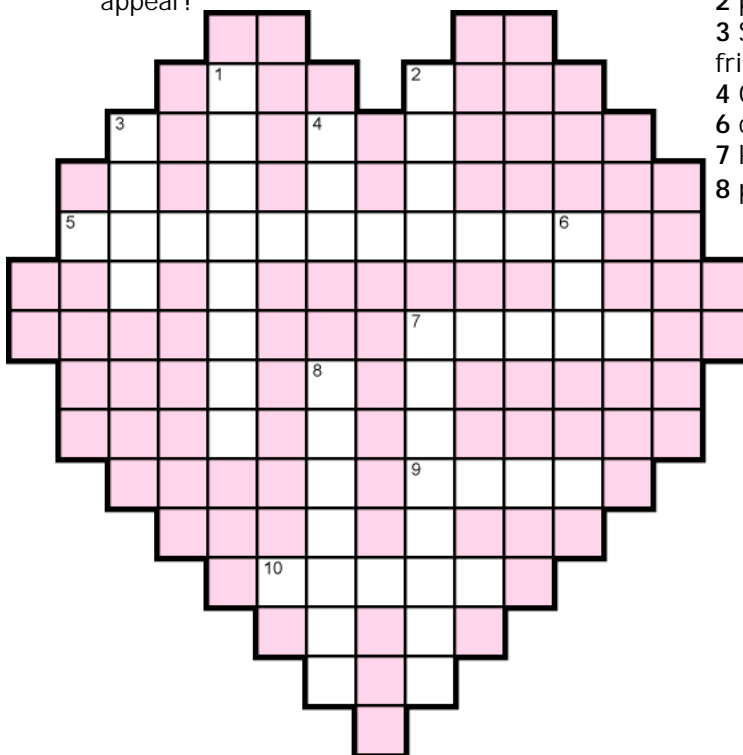
Did you know you could do neat tricks with simple things you probably have around the house?

Mirror Writing:

If you hold up to a mirror something with writing, the writing looks reversed. You can easily write notes and other things to look like mirror writing. Get a sheet of thin white or light colored paper. With a dark marker, write something on one side. Make sure you write it thick and dark enough so that it will show through on to the other side. Flip over the paper and trace what you wrote. You'll be tracing it backwards. It should come out like how you would see your regular writing if you were to hold it up to a mirror. For fun, write down different words, or write a note to someone, then reverse it and send it to them.

Invisible Ink:

If you write with white crayon on a white piece of paper, it looks like there's nothing there. But if you then paint over it, your invisible writing will magically appear. Write words, phrases or even a note to someone, and then impress them by making it magically appear!



Flubber

Solution A: 1 1/2 C. Warm Water 2 c. Elmers Glue Food Coloring

Solution B: 4 tsp. Borax 1 1/3 C.

Warm water Mix solution A in one bowl, mix solution B in another bowl. Dissolve both well. Then just pour solution A into solution B, DO NOT MIX OR STIR! Just lift out flubber. I made this with my daughter's class, and the teacher & children loved it! It's neater than "Gak" or "slime". And it also a safe chemical reaction for the kids to see. I used a glass bowl for solution B so the kids could see the flubber form in the bowl. It just becomes a big "cloud" of rubbery stuff. Store in baggies. If you half the recipe, you only need to half the solution A and it will work the same.

Heart Crossword

Across

- 5 Your Parent's Mom (11)
- 7 sweet treats (5)
- 9 I _____ you, Mom (4)
- 10 Young at _____. (5)

Down

- 1 grateful (8)
- 2 present (4)
- 3 Send a greeting _____ to a friend. (4)
- 4 Opposite of Dad (3)
- 6 color of hearts (3)
- 7 kids (8)
- 8 plants with blossoms (7)

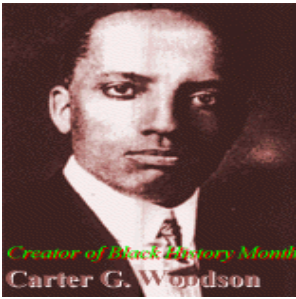
Answer Key Located
on Page 8.

Honey Nut Pudding Cake

- 1 pkg. chocolate cake mix
- 1 cup SUE BEE HONEY
- 1 cup chopped walnuts
- 6oz or 1 cup semisweet chocolate chips
- 1/2 cup water

Prepare cake mix as directed on the package. Pour batter into a greased 9 x 13-inch baking pan. Sprinkle nuts and chocolate chips evenly over top of batter. In a small saucepan, combine honey and water. Heat to boiling, pour over batter. DO NOT MIX. Bake in preheated oven at 350 degrees for 35 to 45 minutes or until the cake pulls away from pan sides. During baking, a moist "pudding-like" layer will form on the bottom. Serve warm with whipped cream or ice cream if desired. Makes 16 servings.

Black History Month



In 1926, Carter G. Woodson created Negro History Week. The goal was to "popularize the truth... [we] are not interested so much in Negro History as in history influenced by the Negro." Dr. Woodson, considered by many to be the "Father of Black History," chose the second week in February because of the birthdays of Frederick Douglas, and Abraham Lincoln. The celebration of Negro History Week continued; however, in the early 1960s the word "Negro" was replaced with "black" and "African American." The week of celebration was then called "Black History Week." In 1976 America celebrated its Bicentennial, at this time, Black History Week became the

celebration that we know as "Black History Month." Guided by a constant thirst for knowledge, he kept up his self-taught education until he was able to enter high school at twenty. He went on to Berea College in Kentucky, then to the University of Chicago and finally earned a Ph.D. from Harvard in 1912. Carter G. Woodson was best known for his work as a historian and was particularly active in the field of education, as an essential means of improving the fate of African Americans and became quite influential in his field. In 1915, Woodson founded the Association for the Study of Negro Life and history, to which we owe the publication, in 1916, of the Journal of Negro History. It is through this journal that Black historians began to elaborate a new vision of the history of Blacks in America. Almost ten years later, in February 1925, Woodson officially launched the first Black History Week, which extended later on to become Black History Month.

Heart Crossword Answer Key:

Across

- 5. Grandparent
- 7. Candy
- 9. Love
- 10. Heart

Down

- 1. Thankful
- 2. Gift
- 3. Card
- 4. Mom
- 6. Red
- 7. Children
- 8. Flowers

Famous Kansas African Americans

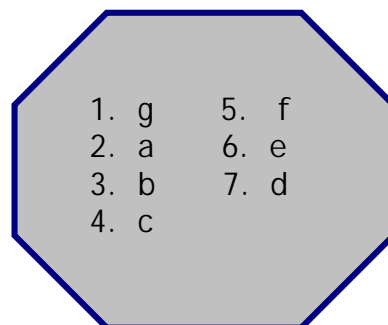
Can you match these Famous African Americans with their History?

1. Dr. William Blount
 2. Blanche K. Bruce
 3. Blanche Kelso Bruce
 4. Wilt Chamberlain
 5. Langston Hughes
 6. Gale Sayers
 7. Alonzo D. Dougherty
- A. The first Black American to graduate from the University of Kansas [1885].
 - B. Founded the first Black school in the United States in the 1860s.
 - C. Played basketball at the University of Kansas where he averaged thirty points per game. Twice named All-American. Was a Harlem Globetrotter
 - D. The first African American General in the Kansas National Guard.
 - E. Born in Wichita, attended the University of Kansas where he played football. His skills at playing football took him on to play for the Chicago Bears. Was named NFL's rookie of the year and outstanding running back.
 - F. One of America's best-known poets. Author of the book Not Without Laughter, a novel about a boy growing up in a small Kansas town.
 - G. In 1921 moved his family to Kansas City where he began practicing medicine. He served as representative for Wvandonette District #8 from 1929 to 1936.

STATE FAMILY COORDINATORS

	RANK	NAME	Address3	EMAIL ADDRESS	OFFICE / DSN #
Alabama	SGM	Hubert Chance	1720 Cong WL Dickerson Dr. Montgomery, AL 36109-0711	hubert.chance@al.ngb.army.mil	(334)-271-7283 / 363-7283
California	Mr.	Steven Read / Reg 7 Rep	CAJS-FP Box 54, 9800 Goethe, Sacramento, CA 95827	steve.read@js.ca.ngb.army.mil	(916) 854-3252 / 466-3252
Colorado	CPT	Ann Dirks	6848 S. Revere Parkway, Englewood, CA 80112	ann.dirks@co.ngb.army.mil	(303) 677-8844 / 877-8844
Florida	CW3	Bobbi Hall / Reg 3 Rep	DCSPER-FR, P.O. Box 1008, St. Augustine, FL 32085-1008	bobbi.hall@fl.ngb.army.mil	(904) 823-0360 / 860-7360
Illinois	2LT	Jennifer Fallert	1301 N. Mac Arthur Blvd., Springfield, IL 62702-2399	jennifer.fallert@il.ngb.army.mil	(217) 761-3413 / 555-3413
Indiana	Mr.	Michael Conner	2002 S. Holt Rd. Bldg #1, Indianapolis, IN 46241-4839	michael.conner@in.ngb.army.mil	(317) 247-3136 / 369-2136
Kansas	CW3	Valerie Garcia	AGKS-HRO-SFPC, 2800 SW Topeka, KS 66611-1287	valerie.garcia@ks.ngb.army.mil	(785) 274-1171 / 720-8171
Kentucky	MSG	Thomas Combs / Reg 4 Rep	KG-DCSPER-FP, Boone NG Center, 100 Minuteman Parkway, Frankfort, KY 40601-6168	combste@bngc.dma.state.ky.us	(502) 607-1549 / 667-1549
Maryland	CW2	Patricia Garner	29th Division St. 5th Regiment Armory, Baltimore, MD 21201-2288	patricia.garner@md.ngb.army.mil	(410) 576-6019 / None
Maine	SPC	Barbara Claudel	DVEM, ATTN DPA-FP, State House Station #33, Augusta, ME 04333	barbara.claudel@me.ngb.army.mil	(207) 626-4410 / 476-4410
Missouri	CPT	Mary Gaffney	2302 Militia Drive. Jefferson City, MO 65101	mary.gaffney@mo.ngb.army.mil	(573) 638-9904 / 555-9904
North Carolina	CPT	Sherrell Murray	4105 Reedy Creek Rd., Raleigh, NC 27607-6410	sherrell.murray@nc.ngb.army.mil	(919) 664-6324 / 582-9324
Nebraska	CSM	Robin Lahm / Reg 6 Rep	1300 Military Rd., Lincoln, NE 68508-1097	robin.lahm@ne.arng.ngb.army.mil	(402) 309-7331 / 279-7334
Oklahoma	CPT	Kenneth Iverson	3501 Military Circle. Oklahoma, OK 73111-4839	kenneth.iverson@ok.ngb.army.mil	(405) 228-5591 / 940-3591
Pennsylvania	MAJ	Joseph Conrad	Dept of Military and Veterans Affairs, Attn: MP-FAO, Fort Indiantown Gap, Annville, PA 17003	joseph.conrad@pa.ngb.army.mil	(717) 861-8841 / 491-8841
South Carolina	MAJ	Steve Shugart	TAG-MP-PFA, 1 National Guard Rd., Columbia, SC 29201	steven.shugart@sc.ngb.army.mil	(803) 806-1750 / 583-1750
Texas	LTC	Timothy Red	2200 W. 35th St., Bldg 42, Camp Mabry, TX 78703	timothy.red@tx.ngb.army.mil	(512) 706-6748 / 954-6748
Vermont	CW2	Lynn Bedell	789 Vermont National Guard Road, Colchester, VT 05446-3099	lynn.bedell@vt.ngb.army.mil	(802) 338-3347 / 636-3347
Washington	LTC	Beverly White/SFC Haffner	Bldg 33 Camp Murray, Tacoma, WA 98430-5000	beverly.white@wa.ngb.army.mil	(253) 512-7534 / 323-7534

Answer Key to Black History Quiz



Websites of Interest

Task Force Eagle SFOR Stabilization Force Website:

<http://www.tfeagle.army.mil/default2.asp>

SFOR Stabilization Force Website:

<http://www.nato.int/sfor/links.htm>

Army Community Service Deployment Readiness:

www.armycommunityservice.org/vacs_deployment/home.asp

Parents World:

www.parentsworld.com/index.html

Calendar of Events February 2003

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 Valentine's Day Family Readiness Workshop	15 Family Readiness Workshop
16 Family Readiness Workshop	17	18	19	20	21	22
23	24	25	26	27	28	

35 Inf Div (M)
Family Readiness Program
#2 Sherman Ave, Bldg 1951
Ft Leavenworth, KS 66027

Phone:

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(913) 758-5080

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We're on the Web!

See us at:

<http://www.ks.ngb.army.mil/35ID>